

10 REASONS TO VISIT US ONLINE



As a Highmark Blue Cross Blue Shield Delaware member, you get information and tools to help you get well, stay well and manage your health care coverage. Your member website makes it easy and convenient for you to:

1. FIND PROVIDERS

Search for doctors, hospitals, urgent care/retail clinics, x-ray/imaging centers and other medical providers by name or specialty. Review their quality information.

2. TRACK AND REVIEW CLAIMS

View up to two years of claims and sort them by member, provider, date and member responsibility.

3. COMPARE CARE COSTS

Look up typical medical expenses for care procedures and compare costs at network facilities and hospitals.

4. TAKE THE WELLNESS PROFILE

This self-health assessment covers all aspects of your health. It gives you an in-depth health status report and recommends online wellness programs that can help you stay healthy, enhance your health or better manage a health condition.

5. IMPROVE YOUR HEALTH

Learn how to reduce stress, eat sensibly, manage your weight, quit tobacco or get more active with personalized online digital health assistants.

6. RESEARCH HEALTH TOPICS

Get information on a specific health topic or emerging health trends with news articles, a health library, condition guides, e-newsletters, videos and links to relevant health resources across the web.

7. STORE YOUR PERSONAL HEALTH RECORD

Keep your health-related information — including providers' names and numbers, office visits, lab results and medication information — in one location you can access anytime from anywhere.

8. RATE YOUR PHYSICIAN AND VIEW OTHERS' RATINGS

Share your provider and staff experience and read reviews based on these five key measures: overall satisfaction, appointment availability, communication, office environment and whether you would recommend them.

CHOOSE YOUR CONTACT AND COMMUNICATION PREFERENCES

Update your address, phone number or email, and choose to receive paperless health statements and member communications. Just click the "Settings" icon on your member homepage and make your choices.

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9. VIEW THE PREVENTIVE SCHEDULE

Based on recommendations from the American Academy of Family Physicians, the online preventive schedule is a handy reference for your family's health screening and immunizations. Stay up-to-date on required shots, recommended exams and routine screenings.

10. GET WELLNESS DISCOUNTS

Take advantage of real savings on quality health-related products and services nationwide through the online Blue365® discount program. Choose from health and alternative medicine services, health magazines, vitamins, massages, diet programs, fitness gear, personal trainers, yoga and tai chi classes, travel and leisure experiences, and much more.

MANAGING YOUR MEMBER INFORMATION

Click the "Review Your Member Information" link in the "Your Coverage" tab to:

- Review information for everyone on your plan.
- View and change your contact information.
- Change your password and security questions.
- Share information that helps us better serve members like you.
- ...and more.

SIMPLE REGISTRATION

Please have your member ID card handy when you're registering.

Use the same ID and password to log in to our plan's full site and mobile site. The registration process is the same on both and only needs to be completed once. So, if you're a new user, you can register on either site.